

## *The Healthy Habits*

---

### *Breakfast Starters-*



---

**Breakfast Bowl** – Brown rice, black beans, scrambled egg, jack cheese topped with fire roasted salsa and avocado drizzled with spicy aioli. Served with gluten free corn tortilla chips

---

**Breakfast Burrito** – Same as the bowl but in an organic whole wheat tortilla grilled to perfection

---

**Overnight Oats** – Rolled oats soaked overnight with chia seeds, almond milk, maple syrup layered between peanut butter, bananas and more maple syrup.

---

*Add: Seasonal fruit for additional pick me up!*

---

**Breakfast Club** - 2 medium fried egg on toasted sourdough spread with spicy aioli, bacon, jack cheese, tomato and avocado topped with baby arugula.

---

**Yogurt Bowl** – 8 Ozs of Maple Hill Yogurt topped hemp seed granola, fresh fruit, goji berries, coconut shreds, chia seeds and honey. *Add: Bee Pollen for extra immunity*

---

**French Toast** – 2 slices brioche bread

dipped in almond milk, eggs and cinnamon and then grilled. Topped with mixed berry compote **Add: Coconut Whip Cream or Chocolate Chips for extra yumminess!!**

---

**Avocado Toast** – Thick slice of brown/walnut bread topped with avocado and hemp seeds. **Add On: Egg, Hummus, Vegetables, Bacon or Cheese**

---

***Additional Offerings:***

---

Pour Over Coffee      Golden Milk/Matcha Lattes

---

Cold Brew      Seasonal Fresh Fruit Bowls

---

Smoothies      Fresh pressed juices

---

Acai Bowls      Martinelli's Organic Apple Juice

---